



NEWSLETTER

The official monthly publication of Tattersall's Club

December 1996

FREE FAT LOSS SEMINAR

THE FAT LOSS GURU, PROFESSOR GARRY EGGER BA, MPH, PhD, WILL CONDUCT A FAT LOSS SEMINAR AS AN INTRODUCTION TO THE UPCOMING "GUTBUSTER" COURSE.

GARRY IS AN INTERNATIONALLY RENOWNED SPEAKER ON FAT LOSS, HAVING OVER 25 YEARS EXPERIENCE IN THE HEALTH & FITNESS INDUSTRY. GARRY HAS AUTHORED OVER EIGHTEEN BOOKS ON THE SUBJECT AND IS THE DIRECTOR OF THE GUTBUSTER PROGRAM.

Where : Tattersall's Club Function Rooms

When : Wednesday 12 February 1997 at 6:00pm

Who : Members & their guests - ladies are welcome

Bookings : 9264 6111 - Athletic Department

Cost : Free



CLUB SPORTSMAN OF THE YEAR FRIDAY 28 FEBRUARY 1997



**THE FEBRUARY SPORTSMAN'S LUNCHEON
WILL BE SOMETHING DIFFERENT!**

OUR 1996 SPORTSMAN OF THE YEAR WILL BE
ANNOUNCED - PRECEDED BY A VIDEO CLIP
OF EACH OF THE NOMINEES IN ACTION

**MAKE A GROUP BOOKING OR JOIN A TABLE
OF MEMBERS & SUPPORT YOUR SPORTING NOMINEE**

12:30 FOR 1:00PM - \$60 PER PERSON

*Members are reminded that their 1997 Membership
Subscriptions were due on 1 January 1997 and the final date for
payment is 15 February 1997.*



TATTERSALL'S CLUB
181 ELIZABETH STREET SYDNEY
GPO BOX 4308 SYDNEY 2000
TELEPHONE 9264 6111
FAX 9267 8312
Office Hours
8:30am-5:00pm Monday-Friday

COMMITTEE

Denis Cleary
(Chairman)

Russell Debney
(Treasurer)

<i>Chris Betar</i>	<i>Alan Brown</i>
<i>John Connolly</i>	<i>Richard Glover</i>
<i>John Murray</i>	<i>Denis Pidcock</i>
<i>Robert Sanders</i>	<i>Anthony Sherlock</i>

SECRETARY

Peter M G Bracher ACCM

CLUB CONTACTS

Billiards & Snooker

Doug Jordan - 9264 6111 (ext 27)

Circuit Trainers

Athletic Department - 9264 6111 (ext 28)

Epicureans

Ian Neill - 9318 1876

Golf

John Furlong - 9264 6111

Handball

Bob Hill - 9416 4245

Lawn Bowls

R R (Tim) Anderson DFC - 9953 3021

Racing

Bob Sanders - 9264 6111

Skiing

John Barrell - 9321 2386

Squash

Athletic Department - 9264 6111 (ext 28)

Swimming

Col Bowes - 9665 2815

Water Polo

Adrian Bouris - 9373 0372

Athletic Department
9264 6111 (ext 28)

BILLIARDS & SNOOKER

1996 SNOOKER RESULTS

1996 was yet another tremendous year thanks to the tireless efforts of Honorary Secretary, Doug Jordan, and our own resident Club Professional, Paddy Morgan. 116 players competed and \$70,000 in prize money was distributed, ensuring this tournament's place as one of, if not the, richest amateur snooker tournament in the world! Once again, there were a tremendous number of Black Ball games (84 in fact) as a result of the Handicapper's excellent skills and ever watchful eye who ensures that all players get a fair and equal chance of winning the tournament.

The end of year Presentation Dinner was very successful thanks to the efforts of the catering staff who put in a special effort to look after us. The dinner was attended by over 80 people who had a fabulous night dancing to the Claddagh Band.

Congratulations to all the winners and good luck for the tournaments in 1997. The Snooker Sub-Committee is looking forward to welcoming new members. Please remember 10 March is the first date of the Snooker calendar being the Calcutta Dinner!

RESULTS FOR 1996 WERE

Snooker Handicap

Winner	David Cox
Second Place	Mike Cummings
Defeated Semi Finalists	Barry Jarrett
(Equal 3rd & 4th)	Steven Woodley
Defeated quarter finalists	R Foord
	N Prendergast
	P Twigg
	J Threlfo

Billiards Handicap

Winner	Adrian Abbott
Second Place	Mike Fitzgerald

Snooker Championship

Winner	Andrew Griffin
Second Place	Andrew Corbett

Billiards Championship

Winner John Simpson
Second Place Andrew Griffin

Christmas Handicap

Winner Mike Cummings
Second Place Bob Greenwood

Prime Appointments Trophy

Winner Barry Jarrett
Second Place Bob Greenwood

Crystal Challenge Doubles

Winners John Threlfo & Mark Twigg
Andrew Corbett & Clive Milliken
Denis Pidcock & Bob Jelfs

NEW YEAR'S RACE DAY

- The Fickle Finger of Fate -

IT WAS TATTERSALL'S RACE DAY MEETING ON 1 JANUARY 1997, JIM TUITE AND PARTY BOOKED A TABLE OF TEN TO ATTEND THE TATTERSALL'S CLUB LUNCHEON, PARTICIPATE IN A FEW RAFFLES, HAVE A FEW DRINKS AND GENERALLY ENJOY THE DAY; WHAT BETTER WAY TO SPEND NEW YEAR'S DAY!

DURING THE LUNCHEON A MAJOR RAFFLE WAS DRAWN, TWO TICKETS FOR LUNCH IN THE MEMBERS STAND ON DERBY DAY 1997 COMPLIMENTS OF THE AJC. THE WINNERS WERE ON THE TUITE TABLE OF COURSE.

AMONGST THE MANY WAYS TO EITHER IMPROVE OR DECREASE YOUR FINANCIAL POSITION AT RANDWICK RACES IS THE AWA PODIUM PUNTERS CLUB, FOR A SMALL OUTLAY OF \$20 ONE CAN PURCHASE A SHARE IN A POOL OF FUNDS WHICH ARE INVESTED TO HOPEFULLY IMPROVE THE ORIGINAL OUTLAY.

ON A ROLL AFTER THE DERBY TICKET SUCCESS, THE TUITE TABLE DECIDED TO PURCHASE SHARES IN THE PODIUM PUNTERS CLUB. INVESTORS ARE ALSO ELIGIBLE TO WIN OTHER PRIZES IF THEIR TICKET IS SELECTED AT RANDOM. ONE SUCH PRIZE IS A \$1,000 BET WITH A BOOKMAKER ONCOURSE. SO, WHO DO YOU THINK WINS THE \$1,000 BET, YES YOU GUESSED IT JIM TUITE!

WELL THE STORY DOES NOT END THERE, YOU SEE JIM HAS TO TRY AND PICK THE WINNER OF NON-OTHER THAN THE TATTERSALL'S CLUB CUP (RACE SIX ON THE PROGRAM). YOU WOULD HAVE THOUGHT A PROMINENT MEMBER OF TATTERSALL'S WOULD HAVE SUFFICIENT STREET KNOWLEDGE TO COME-UP WITH THE WINNER, NOT OUR BOY, YOU SEE HE SELECTED "PERSIAN FLYER" HAVING ITS 33RD START. HIS SELECTION RUNS SECOND ACROSS THE LINE BEATEN HALF A LENGTH BY THE BOB & JACK INGHAM OWNED "EMERY". BAD LUCK JIM.

BUT WAIT THERE IS A SIREN SOUNDING, SURELY NOT YES A PROTEST. SECOND AGAINST FIRST FOR INTERFERENCE 200 METRES FROM HOME. HOLD ALL TICKETS. CONSIDERABLE TIME IS TAKEN BY THE STEWARDS TO EXAMINE THE FOOTAGE OF THE RACE, THE LONGER THE DELAY THE BETTER IT IS FOR PERSIAN FLYER SUPPORTERS. FINALLY THE PROTEST IS ANNOUNCED, UP HELD. LUCKY LUCKY JIM.

JUST ANOTHER DAY AT A TATTERSALL'S RACE MEETING.

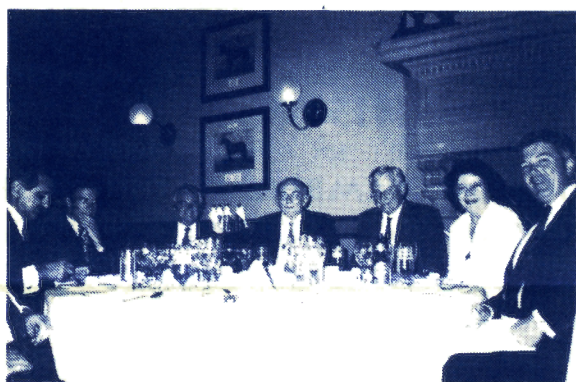
ROBERT SANDERS
COMMITTEEMAN



David Cox - winner 1996 Snooker Handicap



Adrian Abbott - collecting the
Doug Jordan prize for the Billiards Handicap



Bob Jelfs - winner of
Eddie Crane's Crystal Pairs



John Gowran - collecting the runners up
Eddie Crane Crystal Pairs prize

**DON'T HURRY INTO****(NEXT DOOR TO TATTERSALL'S)**

Stroll in with enough time to enjoy the place..... even if it's only to pick up a refreshing necktie.

The game of putting together an important suit, and the exact shirts that click with it, is pleasant. We're good at it. Our customers say it pays off better than most investments.

Some customers, flatout during normal business hours, like to make an appointment after hours if they have some serious dressing to think about. The customers often bring the important lady and the 'Maloney Men' make good coffee.

VM

GOLFERS NEWS

Correction: Please note that a small error was made in one of the dates published in the 1997 Golfing Calendar in the December 1996 Newsletter. The date shown for Cromer should be Tues 26 August and not the 27th as was shown.

February 1997 Golf Day

We have arranged for a BBQ meal to be served to each player immediately at the conclusion of his round. Please be confident when you make your tee-off reservation as we need to make a firm booking commitment in advance to Pymble on our first visit there for many years, unfortunately members will be charged for no-shows.

CoursePymble Golf Club

Date Monday 17 February 1997

Tee-Times.....11:40am - 12:30pm (2 tees 1st&7th)

Cost\$80 per person (including BBQ)

March 1997 Golf Day

CourseKillara

Date Thursday 27 March

Tee-Times..... 11:30am - 1:00pm

Cost \$65 (inc: sandwich/coffee on arrival & hot snacks at conclusion)

Contact Kathy, in the General Office, to make your booking for the golf days and join the Golfers camaraderie at this opening function for 1997. Book on 9264 6111.

**SWIMMERS ARE
REMINDED THAT THE
FIRST RACES FOR
1997 COMMENCED ON
TUESDAY 4 FEBRUARY
AT 1:00PM**

& THEN EACH TUESDAY & THURSDAY

**THE SWIMMING SUB-
COMMITTEE ARE
LOOKING FORWARD TO
A GREAT YEAR AND
WOULD LIKE TO SEE ALL
THE REGULARS AND
HOPEFULLY SOME NEW
FACES AMONGST THEM
THIS YEAR.**

**FOR ANY MEMBERS INTERESTED
IN COME ALONG OR CONTACT
COL BOWES ON 9665 2815**

♦ ♦ ♦ ♦ ♦ ♦ ♦

**THE SWIMMERS 1996
ANNUAL PRIZE
PRESENTATION WILL
BE HELD ON**

*** THURSDAY 6 MARCH *
6:30PM FOR 7:00PM
MAKE YOUR RESERVATION
WITH THE GENERAL OFFICE ON
9264 6111**

1997 ANNUAL SNOOKER & BILLIARDS TOURNAMENT

Nominations \$10
Closing Date 8 March
Calcutta Dinner 10 April
Contact Andrew Bald or
Paddy Morgan via the Snooker Room
for more details

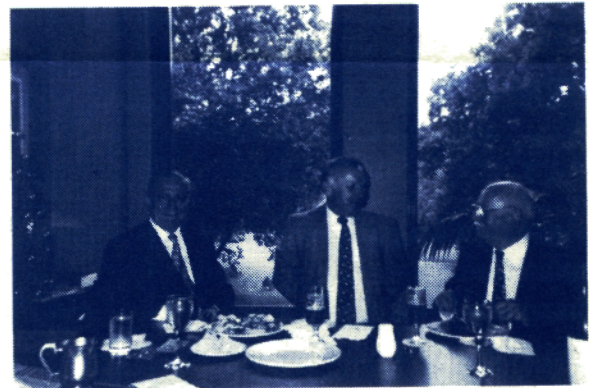
OYSTER BAR & 'light' MEALS in the 2nd floor Club Bar

Do you have a group of work colleagues or friends that you have a weekly luncheon with?

For a refreshing change, Friday's at midday, why not try our Oyster Bar - Oysters, Rollmops, Herrings, Side Salad & Bread, etc all only \$1 each.

OR

Monday to Friday from midday a 'light' meals menu is available. On the menu we have soups, salads, burgers, old favourites & sandwiches, etc.



ATHLETIC DEPARTMENT'S NEW TEAM LEADER

January saw the introduction of Tony Holland as the new Athletic Department's Team Leader.

Tony comes with a wealth of qualifications including a BPE(Hst Sch), Fat Loss Leader Level 2, Sports Trainer Level 1, Gut Buster Lecturer qualification, Austswim Instructor qualification, over ten coaching certificates and numerous fitness certifications.

Tony also has over seven years experience in the Fitness Industry and is currently the Conditioning Coach for the Illawarra Steelers.

Tony's aim is to work towards "exceeding members expectations in regard to the Athletic Department's staff, facilities and services". To do so requires your feedback, so if you have any questions, feedback or suggestions please complete the "Member Feedback Form" located in the Athletic Department.

**MEMBERS ARE REMINDED THAT
THERE IS TO BE NO PARKING IN
THE LOADING DOCK AS THIS IS
STRICTLY FOR MAINTENANCE &
CLUB DELIVERIES ONLY**



GutBusters™

Pty Ltd

ACN 059 073 157

**** lose 3 belt holes in 6 weeks ****

NO strict diets

NO hard exercise

NO, you don't have to give up drinking

With over 15,000 men attending the program, 80% achieved their goal and kept it off for over a year!

Course Starts

Wednesday 19 February - 6pm

Limited to 25 participants

Bookings essential 9264 6111 (Ath Dept)

The Gutbusters' Scientific Advisory Board

Prof Terry Dwyer MBBS, MPH, MD, FAFPHM

Prof Kerin O'Dea BSc, PhD

Prof Neville Owen BAPS

Rosemary Stanton BSc, CNut/Diet, Grad Dip Admin

Dr Frank Pyke BSc, PhD

Prof Garry Egger BA(Hons), MPH, PhD

Lecturer Tony Holland BPE (Hst Sch)



Thank You

Antonio Facciolo Steam Leung
William Goodsir-Cullen

For the books they donated
to the Club Bar 'Book Shelf'.

Should any Member have a book they
would like to share with fellow
Members and donate to the Club
Library, the gift will be
recognised on the inside cover.

32nd Turf Bowlers Carnival

The 32nd Australian Turf Bowlers Carnival will be held in Melbourne from Sunday 4 May to Thursday 8 May 1997, and will be co-hosted by Tatts Bowlers Melbourne and the Victorian Club. The program will be as follows:

Sunday 4 May	Opening Function
Monday 5 May	Rounds 1, 2 & 3
Tuesday 6 May	Rounds 4, 5 & 6 - Ladies Day
Wed 7 May	Race Day - Sandown
Thurs 8 May	Rounds 7, 8 & 9 - Presentation Dinner

Preliminary quotations have been obtained for accommodation from various "Four Star" hotels located in the CBD of Melbourne and in adjacent Carlton. Room rates for single/double/twin are quoted at \$98 per night.

Any Member interested in competing in this Carnival should contact Tim Anderson on 9953 3021.

VALE

We regret to advise that longstanding Club Member of 32 years, Mr Ross Anisimoff passed away on 22 December 1996. His funeral was held on Christmas Eve and the Members, Committee and staff of Tattersall's send their deepest sympathies to the family.

1997 CLUB EVENTS FOR YOUR DIARY

FEBRUARY

- Tues 4 Swimming Season Commences
- Wed 12 Gutbuster - Free Seminar
- Fri 14 Last payment date for subscriptions
- Mon 17 Golf Day - Pymble
- Wed 19 Gutbuster Course commences
- Thurs 27 Members Club Drinks 6:00-8:00pm
- Fri 28 Sportsman of the Year Luncheon

MARCH

- Thurs 6 Swimming/Water Polo Presentation
- Fri 8 Nominations close-Annual Snooker Tournament
- Fri 14 Tony Madigan Sportsman's Luncheon
- Tues 18 Golden Slipper Black Tie Calcutta Dinner
- Wed 26 Easter Chocolate Wheel
- Thurs 27 Golf Day - Killara

APRIL

- Thurs 10 Snooker Calcutta Dinner
- Tues 15 Golf Day - Camden Lakeside
- Fri 18 Black Tie Boxing

MAY

- Fri 23 Epicurean Foundation Day Dinner
- Thurs 29 Golf Day - The Lakes

JUNE

- Tues 17 Golf Day - Castle Hill
Swimmers Relay & Luncheon
- Fri 20 Rugby Sportsman's Luncheon

JULY

- Fri 11 Epicurean Bastille Day Dinner/Dance
- Tues 15 Golf Day - NSW Golf Club
- Fri 25 Swimming Sportsman's Luncheon (TBC)

AUGUST

- Fri 8 Senior Members' Luncheon
- Fri 29 Race Day Sportsman's Luncheon

SEPTEMBER

- Sat 6 Race Day - Royal Randwick
- Thurs 18 Golf Day - Bonnie Doon
Swimmers Relay & Social Evening
- Fri 19 Epicurean Winemakers Dinner

OCTOBER

- Fri 3 Grand Final Wrap-up Sportsman's Luncheon
- Fri 17 Black Tie Boxing
- Sat 25 Young Members' Ball

NOVEMBER

- Tues 4 Melbourne Cup Lunch
- Tues 11 Swimmers Club Championships
- Fri 14 Epicurean Christmas Dinner/Dance
- Tues 18 Swimmers Club Christmas Scramble
- Tues 25 Golf Day - NSW Golf Club
- Thurs 27 Snooker Presentation Dinner/Dance
- Fri 28 Golfing Sportsman's Lunch & Presentation

DECEMBER

- Thurs 18 Christmas Chocolate Wheel
- Fri 19 Christmas Chocolate Wheel



MEMBERS CLUB DRINKS

All members are invited to join us at the first Members Club Drinks for 1997 on Thursday 27 February from 6:00pm to 8:00pm. Drinks will be provided 'on the house' in the Club Bar for our members and their guests.

Birthday Celebrations

In December 1996 the Club hosted an 80th Birthday Luncheon for Life Member Mr Doug Jordan.

Mr Jordan has been a very active member since joining in 1979 and is the Honorary Secretary of the Billiards & Snooker Sub-Committee. The Club's Committee & Staff, and I am sure all the Snooker players, would like to thank you for all your time and hard work that you have given to Tattersall's over the years.



Tattersall's Club
in conjunction with
The Sydney Turf Club
PRESENTS

THE GOLDEN SLIPPER CALCUTTA

BLACK TIE DINNER TUES 18 MARCH 1997
7:00PM FOR 7:30PM

Enjoy
ENTERTAINERS, THE AUCTIONEER
& OUR CHEFS 3 x COURSE DINNER
CREATED ESPECIALLY FOR THE
GOLDEN SLIPPER EVENING

only \$95 per person

Strictly limited seats - contact the Club for
table bookings or table captain names 9264 6111

TATTERSALL'S
proudly presents a
LUNCHEON TO INDUCT
*** TONY MADIGAN ***
INTO THE TATTERSALL'S
SPORTING HALL OF FAME

the only Australian Boxer to
knock-down Muhammad Ali (Cassius Clay)

FRIDAY 14 MARCH 1997
12:30PM FOR 1:00PM \$75 PER PERSON

BOXING FANS AND SPORTSMEN ALIKE
WILL BE TREATED TO A RARE INSIGHT INTO
THE REALM OF THE HEAVY WEIGHT GLADIATOR
AND AN AUSTRALIAN HERO

- SELLING FAST BOOK NOW -
9264 6111

Club Member Bruce Fallshaw has organised Christian Fellowship Meetings in the Card Room on the first Tuesday of each month at 8:00am. For more information contact him on 9267 8888

EASY WINE FACSIMILE ORDER FORM

Rouge Homme Richardson's White Block Coonawarra Chardonnay 1995

Complex and elegant, this wine epitomises the cool climate varietal character associated with Coonawarra Chardonnay. Premium ripe fruit married with the complexities of barrel fermentation and oak maturation have produced a full-flavoured style with great character. The colour is light straw-green. The bouquet shows attractive melon and citrus-like fruit characters, enhanced by a background of soft, buttery barrel fermentation and sweet nutty oak influence. **Price per dozen - \$143.50**

Hungerford Hill - Cowra Chardonnay 1995

This rich, full flavoured Cowra Chardonnay is an excellent example of contemporary Australian style. The wine has a bright, lemon straw-green colour. The fresh and inviting bouquet shows complex, ripe melon and fig-like varietal and regional fruit characters, enhanced by butterscotch nuances from barrel fermentation. **Price per dozen - \$160.00**

Rouge Homme, Coonawarra Pinot Noir 1995

This is a complex and stylish wine with wonderful varietal aromas and flavours. The wine has a youthful and intense bright crimson colour. There is abundant lifted and fragrant varietal spice, strawberry and plum fruit on the bouquet with cool climate gamey and leafy characters, enhanced and complexed by charred vanillin oak. **Price per dozen - \$143.50**

Tulloch, Hunter Valley Verdelho 1996

The wine has a youthful, light to medium full green colour. Its lifted bouquet shows aromatic tropical fruit and ripe, fresh melon-like characters, typical of Hunter Valley Verdelho. The medium bodied palate is wonderfully fresh and tangy with soft, attractive fresh citrus and green apple varietal fruit flavours, finishing clean and dry with crisp acidity. **Price per dozen - \$130.00**

Penfolds Barrel Fermented Semillon 1994

the wine has a medium pale straw colour with youthful, vibrant green hues. The bouquet shows well integrated and finely balanced fresh, tropical fruit and light herbaceous Semillon aromas with soft barrel fermentation overtones. An underlying butterscotch complexity derived from barrel fermentation is evident as well as a subtle vanillin oak character. **Price per dozen - \$174.00**

Penfolds, Barossa Valley - Old Vines Shiraz - Grenache - Mourvedre 1993

The wine has a good depth of brick-red colour with crimson hues. The bouquet features youthful, raspberry jam and liquorice fruit characters derived from the Shiraz, Grenache and Mourvedre with a hint of earthiness. These enticing varietal characters and traditional barrel maturation have resulted in some boiled fruit-cake aromatic complexities. **Price per dozen - \$226.00**

Tattersall's Club Collectors 'Mixed' Dozen - \$160.00

(two bottles of each of the above wines per case)

Tattersall's Club Members Dozen - \$107.00

Tattersall's Chardonnay 1994

Hunter fruit, picked young to ensure optimum flavour & acid levels with new oak overtones on the nose and a clean crisp finish.

Tattersall's Shiraz 1994

Subdued nose of spicy black pepper with soft lannin & fresh fruit predominate on the palate, with a long & dry lifted acid finish.

PLEASE FAX YOUR WINE ORDER TO (02) 9267 8312

I would like _____ cases of _____ @ \$ _____ per case = \$ _____

OR

Tattersall's Members Dozen

_____ x bottle(s) Shiraz Cabernet

_____ x bottle(s) Chardonnay = _____ cases @ \$107.00 per case = \$ _____

**THE ABOVE ORDER WILL BE CHARGED TO YOUR HOUSE ACCOUNT PLUS
DELIVERY CHARGES AS APPROPRIATE - PLEASE COMPLETE BELOW IN FULL
(ALLOW APPROXIMATELY FOUR WORKING DAYS FOR DELIVERY)**

Members Name: _____ House Account: _____

Delivery Address: _____

or I will collect my order on: _____ Time: _____

Signature: _____ Date: _____

Tattersall's Athletic Department



Weekly Newsletter for the week beginning Monday, 27/1/97

Fit-tip of the week - Keep dietary fat intake <40g/day



If improved health and fat loss is your goal, keep your dietary fat intake down to less than 40 grams per day. Obvious things to avoid include Quarter Pounders (35.5g of fat) & McFeasts (31g of fat). Even small snacks like potato chips (21.5g of fat per 100g) and mixed nuts (16g of fat per 30g) can easily push you over the limit. Foods you can enjoy include bread (hold the butter), fruit & vegetables, low fat dairy products, lean meat, fish and any 'Recipe of the week'.

Recipe of the week - Creamy Seafood Curry

Ingredients - 1/2 kg of medium king prawns, tube of calamari (sliced), fillet of ocean perch, 2 large potatoes, green beans, broccoli, cauliflower, 1/2 cup low fat milk, 1 tablespoon curry powder, freshly ground black pepper.

Directions - Prepare vegetables into bite sized pieces. Place potatoes in a wok with 1 cup water & boil until 1/2 cooked. Add cauliflower, continue to cook for a further 2 minutes. Add other vegetables. Mix curry, pepper, cornflower & milk together. When vegetables are nearly cooked add curry mixture to the vegetables. Stir until mixture thickens. Add seafood, continue to cook for approximately 5 minutes or until fish & calamari is cooked. Can be served alone or on a bed of rice.

Serves - 4.

Selected Member Feedback for the week

Question: * Is private boxing tuition available?

* Can I use a Personal Trainer?

Answer: Yes. Keep an eye on the notice board for a full explanation of the Athletic Department's new premium service - **Personal Training and Programming (PTP)**. Selected qualified staff who are completing an internal training course will be available. For boxing tuition, David Birchell, an International Olympic Committee Boxing Coach, is available.

Question: Can talcum powder be removed from the changeroom? It is forever marking my suits.

Answer: We will be **trailing** removing talcum powder from the changeroom. Talcum powder will still be available by request from reception, but please apply it on the shower tiled floor, not in the changing area.

Question: Why doesn't the steam room seem to be getting as hot recently?

Answer: There are two possible causes. First, the room had a maintenance problem, which has been attended to by servicemen. The other is the operation of the room itself. If the outside light above the door is not on, please contact a staff member, the heater automatically switches off periodically. If the steam itself is not on, please leave the door **closed** to maintain the room temperature. The steam will automatically turn itself on regularly.

Tattersall's Athletic Department



Timetable for Monday 27th January to Sunday 2nd February, 1997

	Mon. 27th	Tues. 28th	Weds. 29th	Thurs. 30th	Fri. 31st
6.00 am	C L	Boxing <i>David</i>	H.D. Circuit <i>David</i>		H.D. Circuit <i>Luke</i>
6.45 am	O S				Boxing <i>Nigel</i>
7.15 am	E D	Circuit <i>David</i>	Circuit <i>David</i>	Circuit <i>Anthony</i>	Circuit <i>Luke</i>
6.30 pm		Self Defence <i>Dean</i>	Stress Manag. <i>Anthony</i>	Self Defence <i>Dean</i>	

Class Descriptions

- * *Boxing* - Technical & tactical aspects of boxing, with a cardiovascular workout.
- * *Heavy Duty Circuit* - A combination of weight training and aerobic exercises with a strength emphasis.
- * *Circuit* - A combination of weight training and aerobic exercises with a cardiovascular emphasis.
- * *Self Defence* - Practical techniques for 'street' self defence.
- * *Stress Management* - Stretching & relaxation.

Opening Hours

Monday - Friday 5.30 am - 9.00 pm
Saturday 6.00 am - 6.00 pm

Massage

Spoil yourself! Enjoy the relaxation and therapeutic benefits of massage therapy. Our masseurs John, Paul & Henry are on-call between 7.30 am and 9.00 pm.

Laundry Service

Don't take your sweats home, the Athletic Department Laundry Service is only \$2.

Gutbusters

Waist reduction program, consisting of 6 weekly lectures, complete with text book, fat & fibre counter and work folder. Next course begins 19/2/96. Bookings essential.

Lunch and Breakfast Bistro

Relax poolside for a healthy breakfast or lunch.

Breakfast hours: 7.00 am - 9.30 am.

Lunch hours: 12.00 pm - 2.30 pm.

Facilities and Services available

Cardiovascular machines	Breakfast Bistro	Lunch Bistro	Programs
Towel & costume	Toiletries	Pool	Spa
Permanent lockers	Sauna	Weights	Steam room
Fitness Assessments	Massage	Boxing	Circuits
Squash \ handball	Gutbusters	Stress Management	Self Defence
Personal Training			

Store

Goggles, swimming caps, ear plugs, chamois towels, pool bouys, t-shirts, polo shirts, rugby jumpers, sweat shirts, suede caps, gym bags, socks, ties, bow ties, braces, scarves, woolen jumpers, woolen vests, playing cards & bridge scorers are available from reception.

The Athletic Department Newsletter is available each Friday from the Reception Desk in the Athletic Department

To contact the Athletic Department, please call 9264 6111, (ext. 28)